

TRAIN HARD. GET FITTER. BE UNBREAKABLE

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INTRODUCTION

The Official 30-Day Unbreakable Training Plan

Your guide to being ready for anything from the Spartan Coaches and the Spartan Training Division.

By: Mike Simone

It doesn't matter if you're committing to a Spartan Race, Tough Mudder, DEKA, or any other Unbreakable event in 2023, consider this is your official plan of attack.

If you're a first time racer, this program will guide you to building the base of endurance, strength, power, and agility needed to overcome obstacles and get to that finish line. And if you're an existing racer looking to improve your finish times, our coaches have included a few tips to push you a little harder in training that will translate on race day.

HOW IT WORKS

The Official 30-Day Unbreakable Training program is simple, effective, and you will be pushed harder as you progress along from week to week.

When you're training for any Unbreakable event, you want a mix of cardio workouts each week in addition to strength training. Within this program, each week's structure will be three to four days of cross-training which includes strength and conditioning, endurance, athleticism, speed, agility, and quickness (SAQ) along with three days of cardio that consists of one day of recovery-type cardio, one day of long slow distance (LSD) cardio, and one or two days of speed work/ compromised running.

MEET YOUR UNBREAKABLE COACHES





Spartan Coach Joe Bala is the founder/owner of Joe Bala Fitness, he is the Program Director of the DEKA Bay Area Program at CrossFit of Fremont & is Co-Founder of Bay Area OCR. He holds a Master's Degree in Exercise Science & Kinesiology, is an ACE Certified Personal Trainer, a Spartan SGX Coach L2, Spartan Obstacle Specialist Instructor, DEKA Coach, Ninja Warrior, Mental Health Warrior, a former Engineer, as well as a husband and a father of one.



YENIZ PARTON

@coach_yeniz_i_fit

Coach Yeniz Parton has been a personal trainer and a fitness coach for over 20 years. She's the owner of I-F-I.T Fayetteville, an obstacle and DEKA-affiliated facility. She's also the mother of two boys.



CHRISTIAN BIZZOTTO

@christian_bizzotto

Coach Christian Bizzotto, based out of Miami, Florida runs an online 1:1 coaching program where he uses his proven system to help athletes achieve their podium goals. He holds a Spartan SGX L1 and L2 certificate and was the founder of Focused Movement Academy, Miam's first and only OCR-dedicated facility.



OLGA TORRES

@ocr_beastess

Coach Olga Torres, from Waxhaw, North Carolina received her first fitness instructor certification in 2017 and never looked back. She's an AFAA Group Fitness Instructor, Spartan SGX and DEKA Coach, Spartan Obstacle Specialist, and is the founder and owner of Strive Fitness (@strivefitnessclt).

DIRECTIONS

- Commit to any Unbreakable event in 2023.
- 2 Complete the program as prescribed for a month.
- Post your progress with the hashtag #TheUnbreakableYear for a chance to win exclusive race and merch discounts.



JANUARY 2023

SUN	MON	TUS	WED	THU	FRI	SAT
1	2	3	4	5	6	7
		EASE INTO	UNBREAKABI	LE WITH OLG	4	
8	9	10	11	12	13	14
	Ţ	AKE IT UP	A NOTCH	WITH JO	E	
15	16	17	18	19	20	21
		DIG DE	EEP WITH	YENIZ		
22	23	24	25	26	27	28
	BE	COME UNBRE	AKABLE WIT	H CHRISTIAN		
29	30	31	1	2	3	4
		BB	EA	KAF	BLE	



with

Coach Olga Torres

CROSS-TRAINING

Workout: 35 min full body

SAQ Ladder - 3 rounds In, in, out, out Lat in, in, out, out Scissors

3 rounds; 30s on/30s off

Rear-loaded bear
Air Squats
BW/Resistance Band Overhead Press

Rest 1min

Bear ISO Hold Wall-sit Low Plank

Rest 1 min

Bear Call-outs
Hip Hinge
Side Plank

CRE / CONDITIONING

Beginner - 1min walk/1min run for 30min

Intermediate Imin tempo/1min jog/walk

(can be adapted to skierg, bike, rower)

CROSS-TRAINING

Workout: 35 min full body

SAQ Ladder - 3 rounds each Hop Scotch Hip Switch Snake

3 rounds; 30s on/30s off



Rest 1 min

Alt Hand-staggered Push Up
Crab Toe Touch
Superman Hold

Rest 1 min

Jump Squats
Side-lying Tricep Press
Lemon Squeezers

ACTIVE RECOVERY

30min jogging/walking/biking; good stretch



CROSS-TRAINING

Workout: 35 min fullbody

SAQ Ladder - 3 rounds each Cross in front Cross behind Two-step

3 rounds; 30s on/30s off

Bear Toe Touches
MB Lateral Steps
Max Deadhang

Rest 1 min

Eccentric Pull Ups
Burpees
BW/Resistance Band Woodchop

Rest 1 min

Alligator/Spiderman Crawl Farmer Carry Speed Skaters

LSD CARDIO

Cardio of choice (running, skierg, bike, rower) at a conversational pace for 40-45min

DAY 7 ACTIVE RECOVERY

Stretching, Yoga, *3 rounds* (10m guided breathing, cold plunge/shower 3min)

WEEK 2

with

Coach Joe Bala



CROSS-TRAINING

Workout: 35min

3 rounds, 45 seconds on, 15 seconds rest

4.

DB/KB Front Rack Split Squat Fwd Bear Crawl Hollow Body Hold

Rest 2min

3 rounds, 45 seconds on, 15 seconds rest

DB/ SB \$

DB/KB Single Leg RDL
SB Single Arm Elevated Push Up
Windshield Wipers

Rest 2min

3 rounds, 45 seconds on, 15 seconds rest



CRE/CONDITIONING

Workout: 35min

4 rounds



Rest 2min

4 rounds

Hanging Hand Switches x30s
Walking Lunges x12
Side Plank Reach Through x5

Rest 2min

1 round 1600m Jog/Run

CROSS-TRAINING

Workout: 35min

3 rounds, 45 seconds on, 15 seconds rest

4

DB/KB Goblet Squat to Curtsy Lunge KB Single Arm Gorilla Row Cross Body Mountain Climber

Rest 2min

3 rounds, 45 seconds on, 15 seconds rest



DB Rotational Shoulder Press
DB Lateral Lunge Passes
Single Leg V Up

Rest 2min

3 rounds, 45 seconds on, 15 seconds rest



SB Burpee Slam KB Plank Pull Through

ACTIVE RECOVERY

Workout: 35min

4.

Walk/Hike @Zone 2 x30min



Hip 90/90 Stretch w/ 2-3sec Box Breathing x1min

Adductor Rock Back x30s

Child's Pose x1min

Lying Quad Stretch x30s



CROSS-TRAINING

Workout: 35min

10 rounds, 10second on, 50 second rest

Hill Sprint x10s Recover x50s

Rest 2min

4 rounds

B Walk

Walkout to Push Up then Frog Knee Tuck x6
Cossack Squat x12

Rest 2min

1 round

Jump Rope (SU) x10min

LSD CARDIO

Workout: 45min



Straight Leg Calf Stretch x30s
Soleus Stretch x30s

Standing Quad Stretch x30s

Standing Crossed Leg Toe Touch x30s

Standing Reverse Shoulder Stretch x30s

DAY 7 ACTIVE RECOVERY

Stretching, Yoga, 3 rounds

(10min guided breathing, cold plunge/shower 3min)



with

Coach Yeniz Parton

CROSS-TRAINING

3 Rounds FT:

50 DU/100 SU

40 Ball slams

30 KB Swings

20 SB Cleans

*Rnd 1: 100 m Farmers carry after each movement

*Rnd 2: 100 m Sandbag carry after each movement

*Rnd 3: 200 m run after each movement

CRE/CONDITIONING

Buy in: 800 m run

8 Rounds: 5 Devil presses 10 Pull ups 15 Push ups 20 Sit ups

Buy out: 800 m run

CROSS-TRAINING

AMRAP in 18 min

14 DB Deadlift
12 DB Bend over Rows
10 DB Hang Cleans
8 DB Shoulder presses
6 V-ups

Rest 2 min

AMRAP in 18 min

20 KB Sumo squats 18 KB Swings 16 KB SDLHP 14 KB Russian Twist 12 Burpees

ACTIVE RECOVERY

EMOM for 20 min

Min 1: 8 Hanging Scapular pull ups

Min 2: 8 Scapular push ups

Min 3: 6 Push up + Side plank

Min 4: 6 Inchworms

Min 5: 6 SL Airplane Deadlift

Rest 2 minute

B.

20 min LISS (Low-intensity steady state) cardio

CROSS-TRAINING

50-4<mark>0-30-20-1</mark>0 For Time

Squat Jumps or Goblet Squats
Alt. SA DB Snatches
KB or DB Weighted Lunges

*400 m run after each round

DAY 6 LSD CARDIO

Cardio of your choice (running, bike, rower, skierg) at a conversational pace for 50 to 60 min

ACTIVE RECOVERY

Stretching, Yoga, 3 rounds (10min guided breathing, cold plunge/shower 3min)



with

Coach Christian Bizzotto



CROSS-TRAINING

Workout: 40 min

6 min Run
50' SAND Butt Scoots out SAND Bear Crawl back
15 Step-ups

3 rounds

5 T2B
5 DB Clean & Press
6 min Run
50' SAND Butt Scoots out SAND Bear Crawl back
30 Step-ups

3 rounds

5 T2B

5 Man Makers

6 min Run

8 DB Deadlifts

3 rounds

5 Burpee Broad Jumps

5 Burpee Pull-ups

DAY 2

CRE/CONDITIONING

Measure 100M and placed a water bottle at each end (66 left steps is my 100M average)

20 min AMRAP

100m Farmer Carry 200m Run

10 min ABHR Run

DAY 3

CROSS-TRAINING

40 min AMRAP

2 min Run 5 Pull-ups 10 Push-ups 15 Air Squats

DAY 4ACTIVE RECOVERY

ABHR 5k

**Conservative calculation 180-Age=ABHR

Understanding baseline 5,000 meters is fundamental



CROSS-TRAINING

Workout: 40 min

3-min Run
15 Hanging corner raises
15 Step-ups
3-min Run

3 rounds [1 Burpee / 3 Broad Jumps]
3 rounds [10 SB DL / 5 SB Cleans / 5 SB Front Squats]
15 Step-ups
3-min Run
T2B** 3 Burpees every drop

15 Step-ups
3-min Run
15 Curtsy lunges
800 m Farmer carry ** 3 burpees every drop

3-min Run
30 Man Makers
15 Step-ups
3-min Run
15 Step-ups
15 SB Ground To Overhead
3-min Run

DAY 6 LSD CARDIO

Workout: 60-min ABHR Run (conversational pace)

Focus on the footwork and maintain 180bpm Cadence

DAY 7

ACTIVE RECOVERY

Stretching, Yoga, 3RDS

(10m guided breathing, cold plunge/shower 3min)

TRAINING TERMS

&
SUGGESTED EQUIPMENT

TIMING & TRAINING STRUCTURE

Warm-up: 5 - 10 min

Workout: approximately 30 - 40 min

Cool-down: 5 - 10 min (end of day - mobility, stretch, breath-work, meditation, and journal)

WARM-UPS & COOL DOWN

Warm-up for cross-training workouts

- Run in place x30s
- Heel to Toe Rocks x10
- Ankle Rotations x5ed each side
- Calf Raises x10
- Hip Hinge x6
- Dynamic Quad Stretch x6 each side
- Leg Swings Side-to-side x6 each side
- Leg Cradle x6 each side
- Side Lunge x6 each side
- BW Deep Squat x6
- World's Greatest Stretch x6 each side
- Shoulder Corkscrew x6 each side Y, T, W, L x6
- Neck Stretch 30sec
- Wrist Mobility
- Body Taps: Shoulders, hips, knees, ankles (3 rounds)
- Warm-up for CRE/conditioning workouts
- 10 min full body stretching, jogging, walking, etc.

Cooldown (end of the day)

5-10 min of mobility, breathwork, meditation, journaling

TRAINING TERMS

s or sec = Seconds

min = Minutes

m = Meters

ea = Each

lb = Pounds

kg = Kilograms

BW = Bodyweight

DB = Dumbbell

KB = Kettlebell

SB = Slam ball

MB = Med ball

ISO = Isometric

SB = Sandbag

DU = Double Unders

SU = Single Unders

DL = Deadlift

SLDHP = Single Leg Deadlift High Pull

SDLHP = Sumo Deadlift High Pull

CRE = Cardio respiratory endurance

SAQ = Speed, agility, quickness

LSD = Long slow distance cardio

FT = For Time

ABHR = Aerobic Base Heart Rate (180-age = ABHR)

EMOM: Every minute on the minute

LISS: Low-intensity steady state

THANK YOU COACHES

YENIZ PARTON

OLGA TORRES

JOE BALA

CHRISTIAN BIZZOTTO

SPARTAN TRAINING DIVISION

